

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Daily Activities:</b> ■ Afternoon Tea, 4:00 pm ■ Happy Hour, 19th Pub, 4:00 pm</p> <p><b>Nightly Activities</b> (start times vary): ■ S'mores on the Terrace ■ Stargazing</p> <p><b>Complimentary shuttles will depart from The Lodge for activities every hour on the half hour from 7:30 am until 5:30 pm. Dinner shuttles available upon request.</b></p>						<p>1</p> <p><b>All Day:</b> Putt Putt Golf            10:00 AM: Interpretive Hike            10:30 AM: Forest Bathing            3:00 PM: Family Golf Clinic            4:00 PM: Family games            5:00 PM: Casual Dinner Fare – 19th Pub            5:00 PM: Manager's Reception            5:30-7:30 PM: Wagon Ride to Chuck Wagon Buffet            6:30-8:30 PM: Live Music (Stables) - Blue 58 Band            6:00 PM: Chuck Wagon Buffet            9:30 PM: Scotch Tasting</p>
<p>2</p> <p><b>All Day:</b> Putt Putt Golf            10:00 AM: Casting Clinic            10:30 AM: Forest Bathing            4:00 PM: Family Games            6:30-8:30 PM: Live Music (Stables) - The Craig Vaughn Experience</p>	<p>3</p> <p><b>All Day:</b> Putt Putt Golf            10:00 am: Archery/Air Rifle            10:30 AM: Forest Bathing            11:00 AM: Trail Run            1:00 PM: Family Nature Hike            8:30 PM: Kids Astronomy</p>	<p>4</p> <p><b>All Day:</b> Putt Putt Golf            10:00 AM: Archery/Air Rifle            10:00 AM: Organic Hands on Skin Care Class            10:00 AM: Trail Run            10:30 AM: Forest Bathing            1:00 PM: Family Nature Hike            8:30 PM: Kids Astronomy</p> <p><b>INDEPENDENCE DAY</b></p>	<p>5</p> <p>10:00 AM: Kids Golf 101            11:00 AM: Trail Run            1:00 PM: Orienteering            8:30 PM: Kids Astronomy</p>	<p>6</p> <p>10:00 AM: Play Golf            1:00 PM: Basics of Disc Golf            8:30 PM: Kids Astronomy            5:00 PM: Kid's Picnic            6:30-8:30 PM: Live Music (Stables) - Stevie Barr and Friends</p>	<p>7</p> <p>3:00 PM: The Power Game            5:00 PM: Manager's Reception            9:30 PM: Whiskey Tasting            5:30 – 7:30 PM: Live Music (Lodge)- Mediocre Bad Guys            6:30-8:30 PM: Live Music (Stables) - Blue 58 Band</p>	<p>8</p> <p>9:00 AM: Yoga            10:00 AM: Interpretive Hike            10:30 AM: Forest Bathing            1:00 PM: Putt Like a Champion            5:00 PM: Manager's Reception            6:30 – 8:30 PM: Live Music (Stables) - Blue 58 Band            9:30 PM: Scotch Tasting</p>
<p>9</p> <p>11:30 AM: Brunch*</p>	<p>10</p> <p>10:00 AM: Archery/Air rifle            1:00 PM: Nature Hike            8:30 PM: Kids Astronomy</p>	<p>11</p> <p>9:00-10:00 AM: Gardeners Tour            10:00 AM: Fishing Fun            4:00 PM: Shooting Clinic            8:30 PM: Kids Astronomy</p>	<p>12</p> <p>10:00 AM: Kids Golf 101            11:00 AM: Mountain Bike Ride            1:00 PM: Orienteering            8:30 PM: Kids Astronomy</p>	<p>13</p> <p>9:00-10:00 AM: Chef's Garden Tour            10:00 AM: Play Golf            1:00 PM: Basics of Disc Golf            8:30 PM: Kids Astronomy            5:00 PM: Kid's Picnic            6:30-8:30 PM: Live Music (Stables) - The Craig Vaughn Experience</p>	<p>14</p> <p>3:00 PM: The Power Game            5:00 PM: Manager's Reception            9:30 PM: Whiskey Tasting            5:30 – 7:30 PM: Live Music (Lodge)- Justin Craig            6:30 – 8:30 PM: Live Music (Stables) - Blue 58 Band</p>	<p>15</p> <p>9:00 AM: Yoga            10:00 AM: Interpretive Hike            10:30 AM: Forest Bathing            1:00 AM: Putt Like a Champion            5:00 PM: Manager's Reception            6:30 – 8:30 PM: Live Music (Stables) - The Crooked Road Ramblers            9:30 PM: Scotch Tasting</p>
<p>16</p> <p>11:30 AM: Brunch*</p>	<p>17</p> <p>10:00 AM: Archery/Air rifle            1:00 PM: Nature Hike            8:30 PM: Kids Astronomy</p>	<p>18</p> <p>9:00-10:00 AM: Gardeners Tour            10:00 AM: Fishing Fun            4:00 PM: Shooting Clinic            8:30 PM: Kids Astronomy</p>	<p>19</p> <p>10:00 AM: Kids Golf 101            11:00 AM: Trail Run            1:00 PM: Orienteering            8:30 PM: Kids Astronomy</p>	<p>20</p> <p>9:00-10:00 AM: Chef's Garden Tour            10:00 AM: Play Golf            11:00 AM: Culinary Class            1:00 PM: Basics of Disc Golf            8:30 PM: Kids Astronomy            5:00 PM: Kid's Picnic            6:30-8:30 PM: Live Music (Stables) - The Craig Vaughn Experience</p>	<p>21</p> <p>3:00 PM: The Power Game            5:00 PM: Manager's Reception            9:30 PM: Whiskey Tasting            5:30 – 7:30 PM: Live Music (Lodge)            6:30-8:30 PM: Live Music (Stables) - Four Friends Bluegrass</p>	<p>22</p> <p>9:00 AM: Yoga            10:00 AM: Interpretive Hike            10:30 AM: Forest Bathing            5:00 PM: Manager's Reception            6:30-8:30 PM: Live Music (Stables) - Blue 58 Band            9:30 PM: Scotch Tasting</p>
<p>23</p> <p>11:30 AM: Brunch*</p>	<p>24</p> <p>10:00 AM: Archery/Air rifle            1:00 PM: Nature Hike            8:30 PM: Kids Astronomy</p>	<p>25</p> <p>9:00-10:00 AM: Gardeners Tour            10:00 AM: Fishing Fun            4:00 PM: Shooting Clinic            8:30 PM: Kids Astronomy</p>	<p>26</p> <p>10:00 AM: Kids Golf 101            11:00 AM: Mountain Bike Ride            1:00 PM: Orienteering            8:30 PM: Kids Astronomy</p>	<p>27</p> <p>9:00-10:00 AM: Chef's Garden Tour            10:00 AM: Play Golf            1:00 PM: Basics of Disc Golf            8:30 PM: Kids Astronomy            5:00 PM: Kid's Picnic            6:30-8:30 PM: Live Music (Stables) - Stevie Barr and Friends</p>	<p>28</p> <p>3:00 PM: The Power Game            5:00 PM: Manager's Reception            9:30 PM: Whiskey Tasting            5:30 – 7:30 PM: Live Music (Lodge)- Dave Cecil            6:30-8:30 PM: Live Music (Stables) - Stevie Barr and Friends</p>	<p>29</p> <p>9:00 AM: Yoga            10:00 AM: Interpretive Hike            10:30 AM: Forest Bathing            1:00 PM: Putt Like a Champion            5:00 PM: Manager's Reception            6:30-8:30 PM: Live Music (Stables) - Blue 58 Band            9:30 PM: Scotch Tasting</p>
<p>30</p> <p>11:30 AM: Brunch*</p>	<p>31</p> <p>10:00 AM: Archery/Air rifle            1:00 PM: Nature Hike            8:30 PM: Kids Astronomy</p>					



## July 2017 activities and events



At Primland, you can try everything or, with great pleasure, do very, very little. If you have questions, or you would like to make a reservation please contact Guest Services at extension 3940.

## DAILY ACTIVITIES

### Complimentary Shuttles

Hourly, 7:30am – 5:30pm

Complimentary shuttles will depart from The Lodge for activities at the following times. Dinner shuttles upon request.

### Afternoon Tea

Daily, 4:00pm – 5:00pm

Relax with a comforting cup of tea. Enjoy a variety of Tea Forté teas and seasonal treats in the Great Hall.

### Happy Hour, 19th Pub

Daily, 4:00pm – 5:00pm

Featuring select \$6 moonshine cocktails which reflect the region’s bootlegging history.

### S’mores on the Terrace

Nightly, start times vary

In the evening, convene on the North Terrace around a welcoming fire. Top off the night with a sweet treat — s’mores fixings are available at all times for your pleasure.

### Kids Astronomy

Monday – Thursday, 8:30pm

Embark on a journey through the cosmos and learn to navigate your way around the night sky. Explore the constellations, bright stars and deep space objects that are visible in the summer night sky with the aid of a telescope

### Nightly Stargazing (weather permitting)

Nightly, 9:30pm, and 11:00pm

The sky is truly the limit at Primland. You are invited to take a tour of the universe in our state of the art observatory dome using the latest technology for stargazing and astrophotography. On clear nights, the roof of the dome slides back to reveal the night sky above. Using a combination of traditional naked eye and advanced telescope viewing, you will explore the beautiful winter sky and extraordinary deep space objects visible from our dark location away from city lights. To make advance reservations, contact the Front Desk at (276) 222-3940 or email stargazing@primland.com. Please check in at the Front Desk of the Lodge at your scheduled reservation time to meet your guide. \$35/person, no charge for children under 10.

### Manager's Reception

Fridays and Saturdays, 5:00pm

Start your evening in the Great Hall at our Manager’s Reception with complimentary wine and canapés.

## SPORTS AND FITNESS

### Nature Hike

Mondays, 1:00pm

Hike along the Pinnacle Overlook Trail with one of our expert guides, and discover the abundance of flora and fauna along the way.

### Orienteering

Wednesdays, 1:00pm

Learn the basics of using a topographic map and magnetic compass to navigate our vast and varied terrain.

### Fishing Fun

Tuesdays, 10:00am

At our Duck Pond, beginners will tackle the basics of fly rod casting and spin casting. Discover what fish eat and learn about the various flies that work best each day.

### Basics of Disc Golf

Thursdays, 1:00pm

Learn the basics of disc golf, including how to throw and which disc to use for various shots. Our expertly designed course promises awe-inspiring panoramas as you wind your way through woods and meadows.

### Achery/Air rifle

Mondays, 10:00am

Learn the proper techniques for handling archery equipment, then practice shooting at bull’s-eye and 3-D targets. Air guns include Daisy, Benjamin and Gamo with spinner, bulls-eye, rolling and balloon style targets.

### Shooting Clinic

Tuesdays, 4pm

Shooting instruction occurs at the 5-stand where gun safety and handling will be taught at the beginners’ level. Our NSCA certified instructors will train you on how to properly break targets.

### Kids Golf 101

Wednesdays, 10:00am

Build the foundation for a future golfer with our PGA Professionals. Discover the fundamentals of golf on our masterpiece greens.

### Playing Golf

Thursdays, 10:00am

Kids will learn how to apply the fundamentals of the “golf swing” towards playing the game of golf. Learn how to score, course etiquette, and principles of the game with our PGA Professionals.

### Kid's Picnic

Thursdays, 5pm

Don’t miss our hot dog roast! Savor the summertime favorite while enjoying traditional lawn games like badminton, corn hole, and horseshoes.

### Golf Family Clinics

For information on instruction and tee times, please contact the Golf Shop at extension 3827, open 7:30am – 6:00pm. Tune up your game with one of our clinics, led by Primland Teaching Professional Craig Gunn. Cost is \$30 per clinic. Meet at the Pro Shop.

- Fridays, 3:00pm – The Power Game
- Saturdays, 1:00pm – Putt like a champion

### Yoga

Saturdays at 9:00am; limit of 8 people

Reinvigorate your muscles with a yoga session. Meet in the Spa Wellness Center. Advance reservations required. Wear comfortable shoes for walk to yoga deck. Please sign up prior to class by calling the Spa at extension 3965.

### Forest Bathing

Saturdays, 10:30am-12:30am

Composed of a meditative walk through nature, is recognized for its rejuvenating and restorative benefits through the techniques of deep nature connection, physically and mentally. Enjoy a guided meditation walk to our yoga deck where 30-minutes of yoga will be practiced and will conclude with a session Forest Bathing walk on the return. **\$30.00 per person.**

## ENTERTAINMENT AND ENLIGHTENMENT

### Theatre

Relax indoors with the whole family in our intimate theatre, which is available by reservation. Settle into our plush sofas and watch a movie of your choice — we’ll gladly set it up for you. Rent theatre for up to 3 hours for \$50, by contacting Guest Services to reserve.

### Whiskey Tasting

Fridays, 9:30pm

Visit the 19th Pub for a sampling of five craft whiskeys — mostly bourbons. Learn how each is made and what contributes to their distinctive characteristics. **\$35 per person.**

### Single Malt Scotch Tasting

Saturdays, 9:30pm

Sip premium spirits at our single malt Scotch tasting in the 19th Pub. Sample tastes of five different single malt Scotches, from light and delicate to peaty and robust. **\$35 per person.**

### Gardeners Tour

Tuesdays, 9:00 - 10:00am

Starting July 11, learn about the varieties of vegetables and herbs growing in the Primland garden, including basic growing tips and harvesting methods, with a complimentary tour by our expert gardener.

### Chef's Garden Tour

Thursdays, 9:00 - 10:00am

Starting July 11, learn about the varieties of vegetables and herbs growing in the Primland garden, including basic growing tips and harvesting methods, with a complimentary tour by our chef.

### Culinary Class

Thursday, July 20, 11:00am

Explore the art of cooking with Executive Chef Ernest Bledsoe. Learn about the benefits of using versatile ingredients, plus tips on how to craft your own home cooked meals with a seasonal flare. Cooking courses are \$80 per person and include lessons, tastings of all dishes, and take-home recipes. Reservations are required.

## DINING

### Stables Saloon

Open Thursday–Saturdays.

For a casual dining experience, the Stables Saloon beckons with a lively atmosphere and a hearty meal that can be enjoyed by the whole family. **Please check with Guest Services for availability.** Live Music: Saturdays only, except for Friday, June 30.

### Sunday Brunch

Sundays, 11:30am – 2:00pm

Brunch includes an entrée, a fresh continental buffet, a divine dessert buffet and all non-alcoholic drinks. \$29 per person; children age 10 and under dine free on the continental and dessert buffets. Kids menus available. Taxes and gratuity are additional. Last seating at 1:30pm.

### Elements

Breakfast: Daily, 7:00am – 11:00am

Sunday Brunch: 11:30am – 2:00pm

Dinner: Daily, 6:00pm – 9:00pm,

Jackets requested, not required

### 19th Pub

Daily, 11:00am – 11:00pm

The lively atmosphere of the 19th Pub beckons with casual, hearty pub fare and a bar well stocked with draught beers, single malts and favorite cocktails. Walk-ins welcome.

### In-Room Dining

Daily, 7:00am – 11:00pm

Available 24 hours with limited menu 11:00pm – 7:00am

## OTHER ACTIVITIES

If you are interested in more information or making a reservation for any of the following activities please call Guest Services at extension 3940.

- Off-Road RTV Tours
- Kayaking
- Disc Golf
- Spa
- Horseback Riding
- Sporting Clays
- Pond Fishing
- Tennis
- Mountain or Road Biking
- Tomahawk Throwing
- Tree climbing
- Games Room
- Paddle boarding

## NEWS AND EVENTS

### Primland Racing Experience with Tom Kristensen

August 13–15, 2017

16 elite participants have the opportunity to spend three days with 9-time Le Mans champion Tom Kristensen and elite endurance competitor Harold Primat during the Primland Racing Experience. Transport to the famed Virginia International Raceway (VIR) via helicopter where the pros will whip you around the Full Course. Then, swap asphalt for refined luxury as you continue your stay at Primland. The event also includes special dining events, a golf tournament and countless activities for you and a guest. For inquiries or to reserve your spot please contact Rebecca Moore at rmoore@primland.com or call 866.960.7746.

